# yourself™ fitness

# WARNING: READ BEFORE USING YOUR PLAYSTATION®2 COMPUTER ENTERTAINMENT SYSTEM.

A very small percentage of individuals may experience epileptic seizures when exposed to certain light patterns or flashing lights. Exposure to certain patterns or backgrounds on a television screen or while playing video games, including games played on the PlayStation 2 console, may induce an epileptic seizure in these individuals. Certain conditions may induce previously undetected epileptic symptoms even in persons who have no history of prior seizures or epilepsy. If you, or anyone in your family, has an epileptic condition, consult your physician prior to playing. If you experience any of the following symptoms while playing a video game — dizziness, altered vision, eye or muscle twitches, loss of awareness, disorientation, any involuntary movement, or convulsions — IMMEDIATELY discontinue use and consult your physician before resuming play.

## WARNING TO OWNERS OF PROJECTION TELEVISIONS:

Do not connect your PlayStation 2 console to a projection TV without first consulting the user manual for your projection TV, unless it is of the LCD type. Otherwise, it may permanently damage your TV screen.

## USE OF UNAUTHORIZED PRODUCT:

The use of software or peripherals not authorized by Sony Computer Entertainment America may damage your console and/or invalidate your warranty. Only official or licensed peripherals should be used in the controller ports or memory card slots.

## HANDLING YOUR PLAYSTATION 2 FORMAT DISC:

- This disc is intended for use only with PlayStation 2 consoles with the NTSC U/C designation.
- Do not bend it, crush it or submerge it in liquids.
- Do not leave it in direct sunlight or near a radiator or other source of heat.
- Be sure to take an occasional rest break during extended play.
- Keep this compact disc clean. Always hold the disc by the edges and keep it in its protective case when not in use. Clean the disc with a lint-free, soft, dry cloth, wiping in straight lines from center to outer edge.
- Never use solvents or abrasive cleaners.

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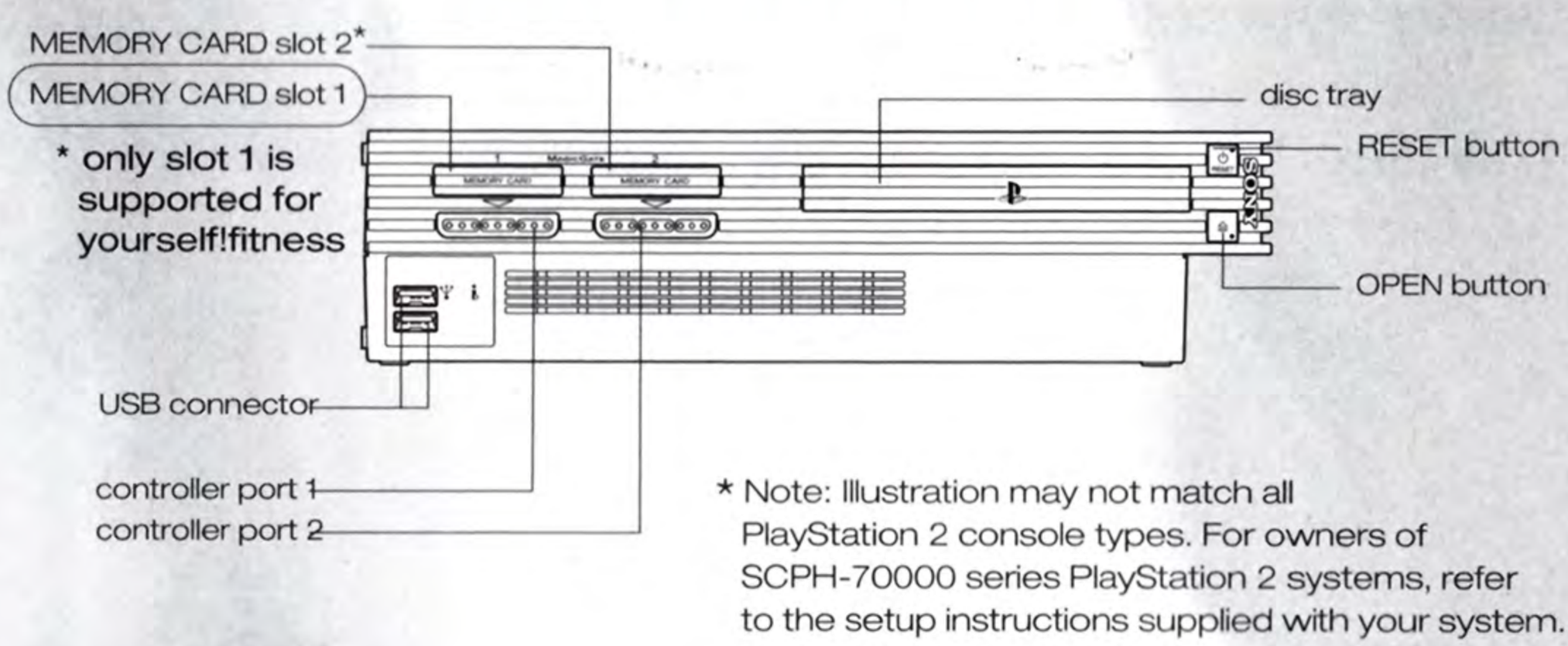
# STARTING THE CONSOLE




* Note: Illustration may not match all PlayStation 2 console types. For owners of SCPH-70000 series PlayStation 2 systems, refer to the setup instructions supplied with your system.

Set up your PlayStation®2 computer entertainment system according to the instructions in the Instruction Manual. Make sure the **MAIN POWER** switch (located on the back of the console) is turned **ON**. Press the **RESET** button. When the power indicator lights up, press the **OPEN** button and the display will open. Place the Yourself!Fitness™ disc on the disc tray with label side facing up. Press the **OPEN** button again and the disc tray will close. Attach game controllers and the other peripherals, as appropriate. Follow on-screen instructions and refer to this manual for information on using the software.

## Memory Card (8MB)(for PlayStation 2)

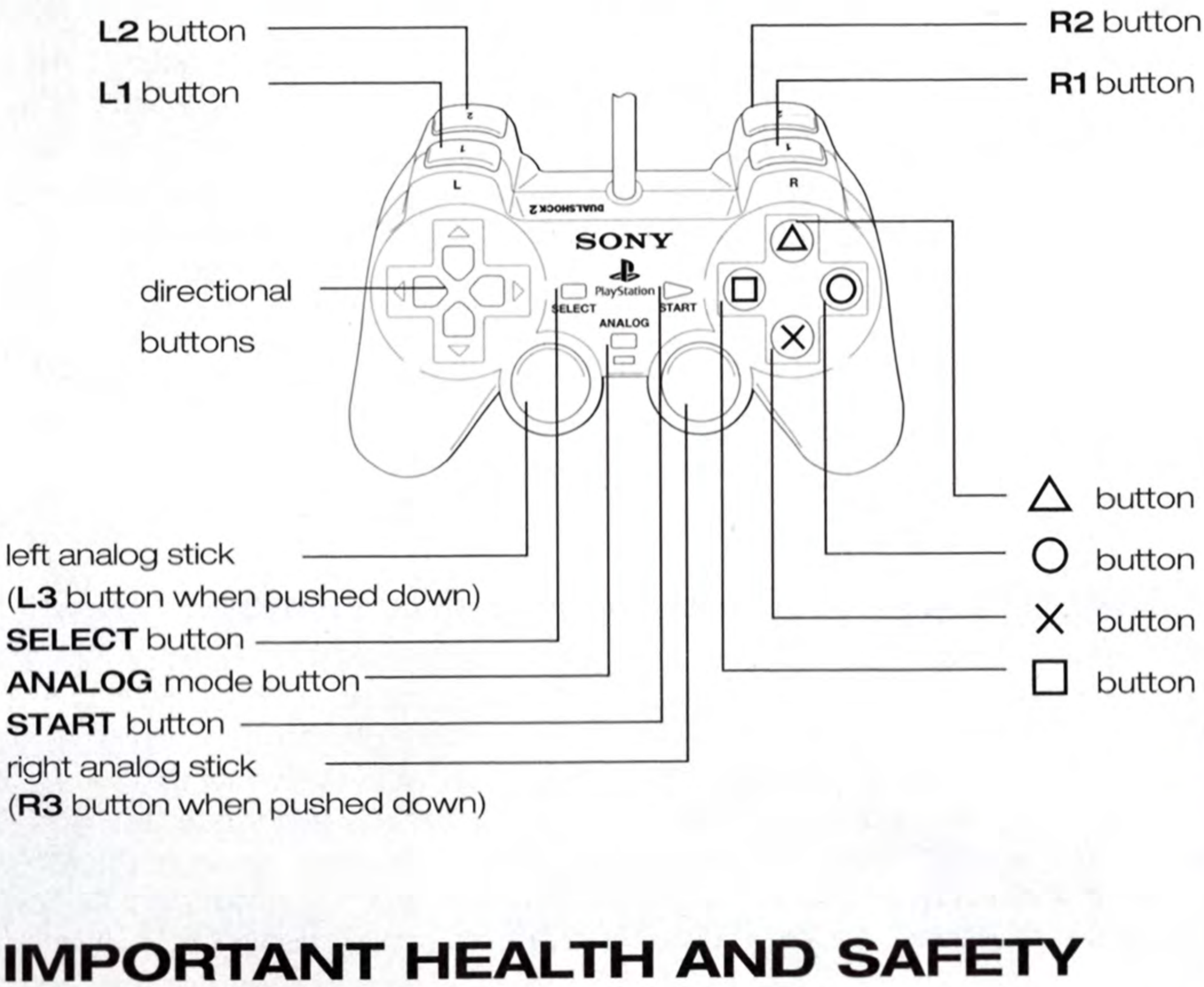
To save game settings and progress, insert a memory card (8MB)(for PlayStation 2) in to **MEMORY CARD** slot 1 of your PlayStation 2 system. You can load saved game data from the same memory card or any memory card (8MB)(for PlayStation 2) containing previously saved games.

**PLEASE NOTE THAT A MEMORY CARD IS REQUIRED FOR YOURSELF!FITNESS TO PERSONALIZE YOUR WORKOUT PROGRAM AND CHART PROGRESS. IT IS HIGHLY RECOMMENDED THAT YOU USE A MEMORY CARD.**

## PlayStation 2 System Clock

Yourself!Fitness relies on an accurate date to track (and reward) your consistency. Please refer to your PlayStation 2 User's Guide for instructions on how to set the clock.

# CONTROLLER OVERVIEW




# IMPORTANT HEALTH AND SAFETY INFORMATION

*Follow these instructions to avoid the risk of personal injury, illness, or death.*

SAVE THESE INSTRUCTIONS.

Yourself!Fitness is a fitness program that combines rigorous exercise with several meal plan options. Consult with your physician to assess your health before using Yourself!Fitness or any other diet or exercise program. This is particularly important if you are overweight, pregnant, nursing, taking regular medications, or have any existing medical or health conditions.

Yourself!Fitness is not intended to provide medical advice or make medical diagnoses. (The program does not determine whether you are physically or medically able to safely participate in the exercise routines or meal plans.) If you are concerned about whether the exercises and meal plans in this program are right for you, consult with your physician.

Stop exercising and consult your physician if you feel sick, dizzy, faint, lightheaded, or if you feel pain or any unusual discomfort. These are your body's warning signals to stop before you hurt yourself. (The program does not monitor your condition during your workouts. You are responsible for exercising within your limits and seeking medical attention and advice as appropriate.)

Give yourself enough space to move to avoid injury from striking objects. Make sure you have a large, well-lit exercise area that is free from obstacles.

Follow the instructions in Yourself!Fitness for warming up, stretching, and cooling down. Your failure to (warm-up, cool down, and stretch properly) do so can result in personal injury.

Your PlayStation 2 Instruction Manual contains other important health and safety information that you should read and understand before using this software.

Avoid alcohol or heavy meals for 2 hours before workout. Drink fluids (preferably water) before, during, and after workout. Your shoes should provide good foot support, traction, and cushioning. Wear comfortable clothing that is breathable and doesn't inhibit movement.

Enjoy your workout!

## Software Program and User Guide Notice

All rights, title and interest in and to the Yourself!Fitness program including all intellectual property rights therein, shall at all times remain with responDESIGN™, Inc. Any use, reproduction, distribution, disposition, possession, disclosure or any other activity involving this software program that is not expressly authorized by responDESIGN, Inc., is strictly prohibited. No part of this User Guide may be reproduced or transmitted in any form or by any means, electronic or mechanical, for any purpose, without the express written permission of responDESIGN, Inc.

# USING YOURSELF!FITNESS

1. Set up your PlayStation 2 video game system following the instructions in the PlayStation 2 Instruction Manual.
2. Press the power button, and the status indicator will light up.
3. Press the eject button and the disc tray will open.
4. Place the Yourself!Fitness disc in your PlayStation 2 drive and close the disc tray.
5. Follow the on-screen instructions for installation and then refer to this manual for more information about using Yourself!Fitness.

## Basic Controls

The controller functions required to play Yourself!Fitness are simple and intuitive – no need to be a gaming pro! You only have to know and understand five basic controls:

**START button** – to begin/pause the game

**X button** – to select/accept a choice and go to the next screen, or to open a tutorial (how-to demonstration) of an exercise during a workout.

**O button** – to go back a screen, cancel what you have input on the current screen, or to pause game while in workout.

**LEFT/RIGHT ANALOG STICK** – to navigate through menu choices and control cameras

**That's it!** Any other actions or control options are narrated to you by Maya, your personal trainer, or shown on the screen.

# THE BIG PICTURE: WHAT THE GAME IS ALL ABOUT

Yourself!Fitness is the next step in home fitness programs. Instead of working your way through multiple videos and DVDs with static content, you work with Maya, your virtual personal trainer, in an interactive, unique and customized fitness program to meet your needs. No workout will ever be the same (unless you want it to be!) and your personal program can be modified at any time – even on the fly during a workout.

Maya tests your fitness level, helps you establish goals, sets up a commitment calendar toward achieving those goals; and then coaches, encourages, and charts your progress through a personalized series of workouts. She also provides fitness advice and motivational pep talks during workouts that help keep you moving and on the way to achieving your fitness goals. As you successfully work through your Workout Calendar, Maya offers incentives such as reward workout environments and new music.

Best of all, the game is completely unique for each user, and it can be modified at any time. You are never forced to follow a one-size-fits-all workout. You can skip a test or wait through anything that feels uncomfortable, or simply go back to your Profile and Commitment Options to enable Maya to redesign your program for your special preferences.

## BASIC STAGES IN THE GAME

Yourself!Fitness takes you through the following stages, with Maya helping you along.

**Getting Started** – Set up your Personal Profile.

**Identifying Goals** – Decide if it is weight loss, upper body strength, lower body strength, core body strength, cardio fitness, or flexibility.

**Commitment Schedule** – Choose the length and frequency of workouts. The commitment choices allow you to input the fitness levels you aspire to, preferred workout schedule, long-term goal, daily focus areas, workout music, and workout environment of your choice.

**Menu Planning** – Select from the nutritious meal options available to support your fitness goal.

**Workouts** – Maya leads you through your personalized workouts, based on your personal profile and goals.

**Charting Progress** – See your success tracked and displayed graphically as you work through your individualized fitness program.

As you go through the game, you'll also enjoy special features such as:

**Reward Environments** – Add interest to your workouts by working out at a Desert Springs Resort, an Island Paradise, or an Alpine Retreat.

**The Meditation Garden** – The perfect place to practice stretching, Yoga and complete relaxation.

**Equipment Integration** – Maya will integrate popular fitness equipment you already own into your workout routines.

**Tutorials** – Pause the action and watch a model demonstrate exactly how a move is done correctly. Includes a choice of view speeds and camera angles to give you the best instructional view.

**Music Choices** – Over 70 tracks across multiple music styles including Hip-Hop, 80s, Dance and Latin are available to you.

# LET'S GET STARTED

After a brief introductory movie, you'll see the Main Menu screen. Select New Client from the menu. Maya walks you through setting up your Profile, and establishing goals and commitments (workout schedule and menus). Once your Profile is set up, your name will appear on the Main Menu screen for you to select when you are ready to do your workout. Simply select Workout after choosing your name from the opening screen. It is that easy!

## About the Personal Profile

Maya will ask for basic information such as age, height, gender, and weight. She will determine your fitness level by using several simple evaluation tests, and combine it with your Long-term health and fitness goals to develop your suggested workout plan.

The Profile is the only "mandatory" part of the game (if you want Maya to make recommendations and track progress). In the Profile, you complete the steps from beginning to end so that a personalized fitness program can be created just for you. If there is any part of the fitness level evaluation that you don't want to do, simply choose "Skip Test" as your response and proceed to the next test. Maya will use all this information to build a health and fitness program that fits your body, your mind, and your schedule.

If you prefer not to set up a profile for yourself, you can still workout with Maya by selecting Guest at the Start Screen. You can explore the workouts, environments, and tutorials. Of course, Maya won't be able to track your progress or personalize the workout since she doesn't know who you are!

## Initial Fitness Evaluation

**Caution:** *We recommend that you check with your physician prior to beginning any exercise or diet program, especially if you are overweight, nursing, pregnant, taking regular medications, or have any other existing medical or health condition.*

The Fitness Evaluation is an important part of the profile-building process because it allows Maya to track your progress and design workouts that are geared toward your fitness level.

Go through each of the individual evaluations and follow the on-screen instructions for how to perform them. Subsequent screens will allow you to develop your workout and Meal Plan schedules, as well as preferences. While Yourself!Fitness will automatically recommend schedules, the schedules are also customizable. Maya will adjust the program for attaining your goals if you choose the schedule.

Once you have established a Profile, the program will direct you to the Main Menu. Choose your name (your Profile) from the Main Menu to begin working out.

## Setting Up Your Commitment

Your commitment Menu Choices are:

**Fitness Goals** – Tell Maya what areas (upper body strength, core body strength, lower body strength, flexibility, or weight loss) you want to focus on in your workouts.

**Workout Calendar** – Establish how often you plan to workout and the time you will budget for the program.

**Meal Plan** – Set up a meal plan that, in combination with your workouts, will help you reach your goals.

This information helps Maya plan appropriate workouts and timelines for charting progress toward your goals.

## Modifying Fitness Goals

When you built your Personal Profile you were asked to complete a preliminary evaluation, which determines your baseline fitness in each of the five goal areas. Based on which goal area needs the most improvement, Maya recommends a "long-term goal." However, you are always free to disregard Maya's choice in favor of a long-term goal of your liking.

Only one long-term goal can be selected at a time, but you can come back and change the goal at any time. Selection of a goal will enable Maya to choose workout routines with a heavier emphasis on your goal area. Each workout will still contain exercises for other parts of your body to provide balance and a well-rounded fitness program. For example, if you select Weight Loss as your goal, Maya will emphasize cardio exercises in the routines she designs for you. If you do not want to focus on any particular body area, then choose Cardio because it provides a good balance of exercises from each area.

## Selecting Workout Preferences

### *Daily Focus Area*

While your long-term goal is set in the Commitment section, you can over-ride it and select a different focus area for this particular workout, such as: Weight Loss, Core, Upper Body, Cardio, or Flexibility. Maya will take your choice into account as she builds your routine, integrating your chosen focus area with your long-term fitness goals. By combining your daily focus with your long-term goals, Maya keeps the workouts interesting, and also makes sure you achieve your desired results.

You may notice that the workouts generated when you select Weight Loss as your focus area and those when you select Cardio will contain similar exercises. The Cardio workout will have more intervals however, which are periods of intense exercise followed by periods of less intense exercise; unlike the Weight Loss workouts, which tend to have a more constant level of effort with fewer intervals.

### *Workout Environment*

Select the environment that you want to workout in today. As a new client, you begin with access to the Empress' Dojo, Urban Oasis, and the Meditation Garden environments. Over time, by keeping your workout commitments, you will unlock additional reward environments: Island Paradise, Alpine Retreat, and Desert Springs Resort.

## About Workouts

After you have created a new client Profile for yourself and established your commitments, then you'll be ready to workout. Do so by choosing Workout from the Main Menu (after selecting your name/Profile). This will lead you through a series of preference options to set up the workout, followed by the workout itself.

During the workout, you'll see a scrolling workout meter at the bottom of the screen, which shows you the exercise you are currently performing and its difficulty, represented by a series of 1 to 5 horizontally-stacked bars, with 1 being the least difficult at the bottom of the stack and 5 the most difficult at the top of the stack.

The scrolling workout meter will also indicate when a water break or rest period is coming up. If you have selected to include fitness equipment in your routine, the icon for the equipment will be integrated into the workout meter. On the left side of the screen, there is also a workout

timer to let you know how many minutes are left in your session. (Note: the timer will pause if you choose to view a tutorial for a particular move.)

### *In-Workout Options*

Maya's workout is designed based on your fitness evaluations and your answers to questions after previous workouts. But you can always change it! If you want to change the difficulty of a workout, edit the music, or turn off Maya's comments, you can do so directly via the Pause menu during a workout, which is accessed by selecting the Pause button in the lower right side of the workout screen. In addition, exercises can be made more difficult by using equipment such as hand weights, a step, or a stability ball.

### *Workout Equipment*

Equipment is not necessary for Yourself!Fitness, but if you own any of the equipment listed below you can incorporate it into your workouts by simply including it in your profile. Maya asks you what equipment you have when you establish your Profile. If you purchase equipment at a latter date, then tell Maya about it by updating your menu selections, and she will automatically incorporate it into future workouts as appropriate. Using increasingly heavier hand weights are a particularly good way to increase the difficulty of exercises as you become stronger.

- Hand weights
- Stability ball
- Step
- Heart-rate monitor

Equipment icons are displayed in a scrolling workout meter line towards the bottom of the screen. The emerging icon indicates when you should get ready to use that piece of equipment.

### *Camera Movement*

At any point during a workout you can change the camera angle with the **LEFT ANALOG STICK**. To zoom in or out, press the **RIGHT ANALOG STICK** forward or back. These camera movements work the same within the Tutorial feature.

### *Tutorials*

If you are ever unsure of how to perform a routine, or you just can't figure out the proper form for a certain exercise, simply activate the tutorial feature and Maya will take time out of the workout and teach you what you need to know. Tutorials are available for all exercises.

Press the **X button** on the controller during the workout and Maya will give you in-depth instruction. To adjust the speed of the tutorial, push the **RIGHT ANALOG STICK** to the right/left. To completely pause the motion, press the **RIGHT ANALOG STICK** to the left. Use the controller's **O button** to leave the tutorial and resume the workout. When you are viewing a Tutorial, the workout timer stops. When you re-enter the workout, you begin again on the interrupted set.

# How Are You Doing?

## Workout Results

At the beginning of the workout Maya will ask how you are feeling today. This tells her how much verbal encouragement to give during the workout. During the workout you will be asked how hard a previous section was – this information helps Maya to adjust the difficulty level for the workout next time.

At the end of the workout, the results screen shows what you have accomplished in the workout session. By keeping track of your performance during each workout, Maya is able to create a record of how you are meeting your goals. Your workout results are stored on your hard drive and are continually updated with every workout in the Progress area.

## Progress Tracking

When you initially set up your profile, Maya took you through a fitness evaluation to get your baseline fitness level. She takes you through a similar evaluation after every 10th workout to measure your progress.

You can also see your progress over time by selecting Progress from the Main Menu.

# About the Meal Plans

A well-structured diet is critical to your overall success in reaching your fitness goals. The weekly Meal Plans are complete with more than 4500 recipes, preparation instructions and ingredient lists. You are able to adjust your weekly meal plan and your daily menu so that it fits your taste preferences, as well as the number of servings you need to prepare.

Yourself!Fitness provides a large selection of meals, each tailored for the specific caloric intake you chose while setting up your Personal Profile. The Meal Planner can help you plan a healthy diet that will assist you in meeting your fitness goals. It includes breakfast, lunch, snack, and dinner meal categories. The meals in Yourself!Fitness are provided by Allrecipes. **Printable meal plans are available at www.yourselffitness.com/commitment/eat-right.aspx.**

The Meal Plans are accessed by choosing Commitment from the Main Menu and then choosing Meal Plan. Meal plans are organized by caloric intake, and the program allows you to substitute meals by selecting new alternatives from its database.

**Note:** *The meals you select do not affect game play and are not tracked by Maya, but are there as guidance and support for reaching your overall fitness goals.*

# FREQUENTLY ASKED QUESTIONS

**Q. What exercises are included with Yourself!Fitness?**

A. Maya's workouts are created from a repertoire of over 500 unique exercises: Yoga, Pilates, cardio fitness, strength training, flexibility exercises and targeted weight loss routines. A complete list of all exercises included with Yourself!Fitness can be found at www.yourselffitness.com.

**Q. How do I save my information?**

A. Yourself!Fitness automatically saves your information (**on a Memory Card**) after you create your profile and after each workout. No special action is required on your part. However, if you exit the game during your workout your information will not be saved. To quit a workout early and still save your progress, select End Workout from the Pause menu.

**Q. Do you share the information I enter, such as my age, weight, and fitness evaluation responses with anyone?**

A. No. This information is only stored on your Memory Card and is never transmitted to anyone.

**Q. If I don't want to perform a particular exercise or fitness evaluation, can I skip it?**

A. Yes. You should always exercise within your limits and should consult your physician if you question your ability to perform a particular exercise. If an exercise that you do not want to perform comes up during a workout, then wait until Maya moves to the next exercise. While waiting, you can perform an alternate exercise and keep your heart-rate moving by doing jumping jacks, or jogging in place. If you do not want to perform one of the exercises in the fitness evaluations, simply select Skip Test when asked for input on your results. Maya will still be able to design workout routines for you.

**Q. Is it appropriate for men to use Yourself!Fitness?**

A. Absolutely! The exercises in Yourself!Fitness are appropriate for men and women.

**Q. Is it detrimental to choose a focus not recommended by Maya?**

A. No. You can choose whatever focus area you feel is appropriate for yourself, and we encourage you to get advice from your physician if you have any questions about which areas are best for you.

**Q. If I feel pain or shortness of breath when I'm performing the exercises, is this normal?**

A. Consult your physician before beginning any exercise program or if you have any doubt about your ability to perform the exercises. You can always pause the program to take a rest.

**Q. What is the purpose of the fitness evaluation? Can I just workout without taking the tests?**

A. The fitness evaluation gives you a basis for measuring your progress over time, like entering your progress in a workout log, except that the program tracks it for you. It also allows Maya to make suggestions on areas you might want to focus on. You can always workout with the guest pass if you do not want to take the fitness evaluations or track your progress.

**Q. Periodically, Maya will ask how I'm feeling. What is the purpose of these questions?**

A. These questions are used to help Maya determine how challenging to make your workouts. Remember that you can also manually change the difficulty level at any time through the Pause Menu.

**Q. How does the reward scheme work? How do you unlock environments and levels?**

A. There are 3 reward levels – Bronze, Silver, and Gold – each providing a new environment and new music options. The first is awarded after meeting your workout commitment 3 times. The remaining 2 levels are awarded after an additional 5 and 7 workouts, respectively.

**Q. Can I increase or decrease workout difficulty during a workout?**

A. Yes. This is done from the Pause Menu, which is accessible by pressing the **O button** on the controller.

**Q. What if I'm not sure of how to do one of the exercises?**

A. If you are unsure how to perform one of the exercises that you see Maya doing, there are a couple of things you can do. You can rotate the camera around to see Maya from a different angle. For example, you could rotate the camera so that you see Maya from behind, which might help you learn a particular movement. You can also enter the Tutorial screen by selecting Tutorial from the lower right side of the screen to get a detailed view of the exercise movements.

**Q. When I set up my Profile, Maya asked what equipment I own. Since then, I've either bought something new or gotten rid of something I had. How do I tell Maya this?**

A. At the beginning of each workout, Maya asks what equipment you own. You can check or uncheck items here, and the program will keep track of the new list for you.

**Q. Do I need the equipment in order to have an effective workout?**

A. No, you do not need to purchase equipment for Maya to design a workout for you. As you progress, the equipment will enhance your ability to continue pushing you to greater levels of strength and fitness.

**Q. How do I know when to use the equipment?**

A. The workout meter at the bottom of the screen will show an icon representing a piece of equipment when it is going to be used.

**Q. What is the Meditation Garden?**

A. The Meditation Garden is a special environment for performing Yoga and other similar low-impact exercises. We recommend that you place your mat parallel to the TV when performing Yoga in the Meditation Garden.

**Q. Can I change the length of the session in the Meditation Garden?**

A. No. Meditation Garden sessions average about 20 minutes, give or take a few minutes, and depend on which poses Maya chooses.

**Q. Can I skip the introduction movie when I load Yourself!Fitness in the future?**

A. Yes. Press any the **X button** to skip the intro movie.

**Q. What do the bars on the workout meter mean?**

A. They indicate the difficulty of the exercise, on a scale of 1 to 5 bars, with 5 being the most difficult.

**Q. Sometimes when I've paused and then resumed the program, Maya will pause for a few seconds. Why does this happen?**

A. Yourself!Fitness has proprietary beat-matching technology that allows Maya to synchronize the workout to the beat of the music. At times, Maya will need to wait a few seconds to find the rhythm of the music again and get synchronized.

**Q. Can I change the exercises in the workouts?**

A. Maya creates workouts based on a number of factors, such as the goals you have set, the exercise difficulty you select, what exercises and body areas you have worked recently, the equipment you own, and more.

You can affect which exercises are chosen by changing the focus area for a given workout, but you cannot "hand pick" individual exercises for a workout.

**Q. Can I change the music or download new music?**

A. You can choose the music genre for a workout, and during a workout you can skip a particular song if desired. During a workout, through the Pause Menu, you can adjust the volume of the music as well. You currently cannot download new music into the program.

**Q. Can more than one person use the program?**

A. Yes. The program will save information for multiple Profiles.

**Q. I want to change my profile, can I delete it and enter it again? Will I run out of space if I create alot of profiles?**

A. The number of profiles that you can create is limited to how much memory your PlayStation 2 Memory Card has. If you wish to completely delete a profile, select the Delete Profile option from the main menu.

**Q. Am I able to sort the menus based on my dietary preferences?**

A. The meal planning portion of the program provides a wide range of meals based on the number of calories that you target, and does not adhere to any particular diet. You are free to modify the suggested meals to meet any dietary needs or preferences you have or that your doctor recommends.

**Q. Maya seems to be getting her days confused. I showed up on Monday and she thought it was Wednesday!?**

A. Make sure that your PlayStation 2 clock is set correctly. Yourself!Fitness relies on an accurate date to track your consistency. Please refer to your PlayStation 2 User's Guide for instructions on how to set the clock.

**Q. How can I get more information on Maya or upcoming programs?**

A. Visit www.yourselffitness.com for all the latest information.

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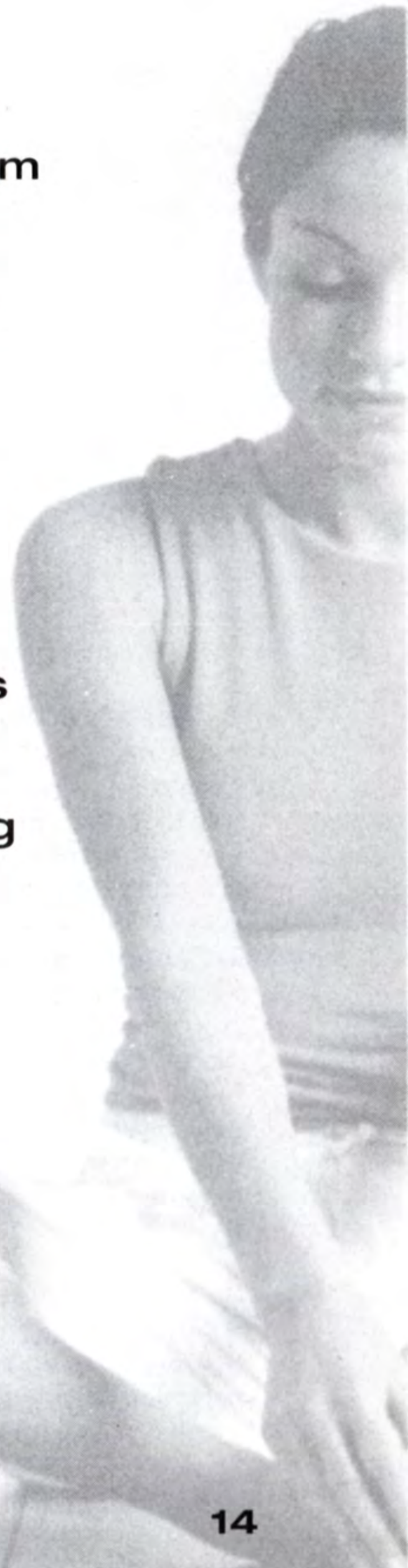

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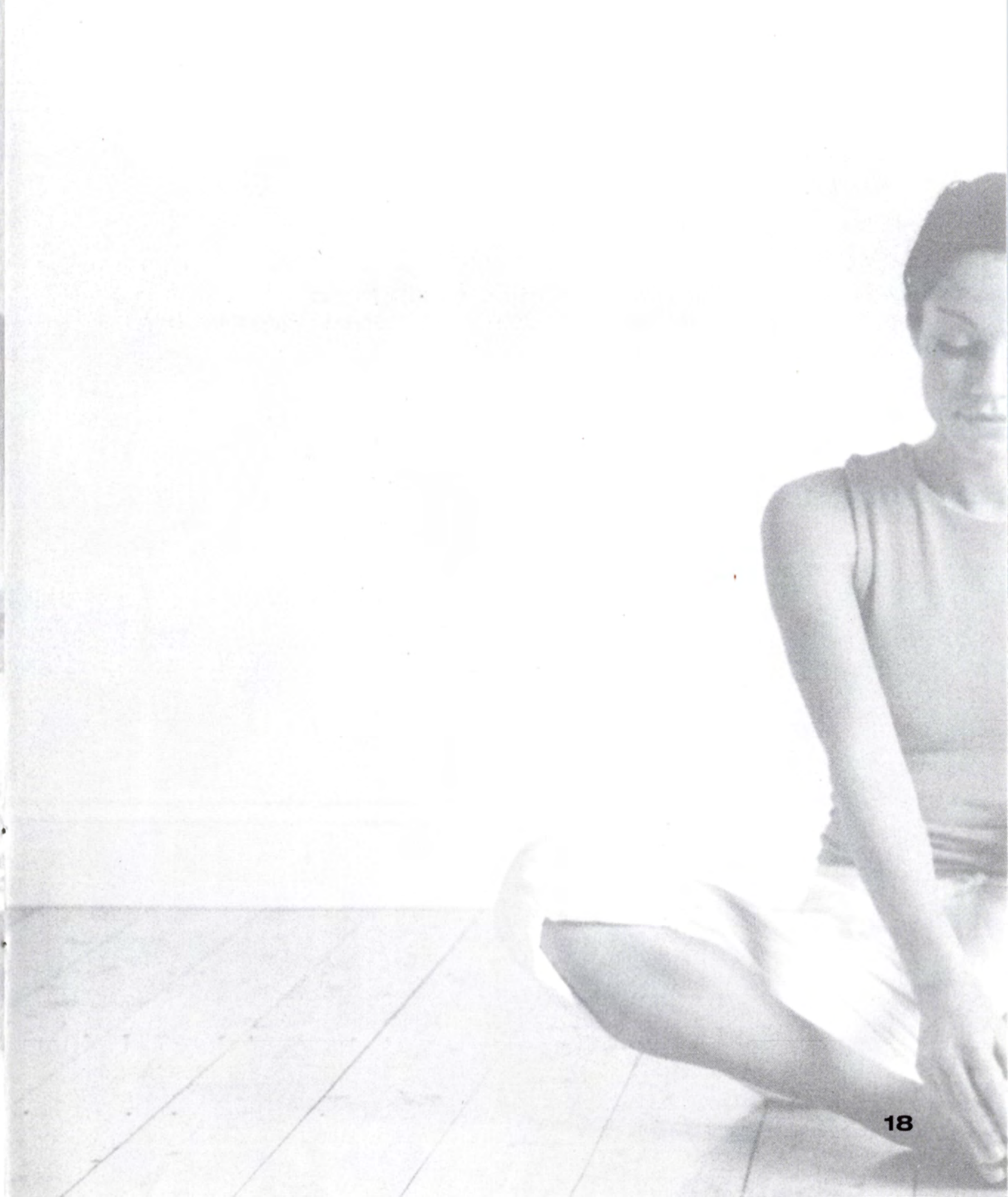

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